

The purpose of this book is to provide information on how to rejuvenate your body by gentle yet thorough detox following moon cycles.



Cleansing By The Moon

Get The Most Out Of Your Detox

Anna Sienicka

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Contents

1. Introduction.....	3
2. The power of the Moon/ Cleansing with the Seasons.....	4
3. Overview of the Cleanse.....	5
4. Dietary Restrictions.....	6
5. Dietary Requirements.....	7
6. Actions Steps Required	9
7. From Full Moon to New Moon – 11 week program.....	10-22
A. Week 1.....	10
B. Week 2.....	11
C. Week 3.....	12
D. Week 4.....	13
E. Week 5.....	14
F. Week 6	15
G. Week 7	16
H. Week 8.....	17
I. Week 9.....	18
J. Week 10.....	19
K. Week 11.....	20
8. Instructions after the Cleanse.....	21
9. Anna’s Favourite Recipes	22
10. Candida Spit Test	25

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Introduction

This eBook combines my knowledge of Astrology, Nutrition, Homeopathy and Kinesiology to create a cleanse to help people rejuvenate their body and achieve perfect health. My interest in health started when I was a teenager of 16-17 and suffering from Anorexia/Bulimia. It was a caring nurse who told me what would happen, how I would destroy my life and body, if I kept doing what I was doing to myself and that there are healthier ways to keep a body slim and strong.

Page | 3

Her words stirred my curiosity. I was constantly counting calories, starving my body, popping diuretic pills every couple of hours. It was time to open myself to a healthier way of living. I started reading books on nutrition and decided to become vegetarian. It was important to me not to put meat filled with fear hormones into my body. I started juicing, discovering healthy diets, and my exercise routine quickly included a daily run of 10km. Transportation was very limited so I biked everywhere, and was soon completing in a 80 -100 km bike weekly rides. I became strong and athletic. My appetite was huge and I was so happy to enjoy the freedom to eat all the delicious food I wanted!

When I came to Canada at age 20, studying Kinesiology and Health Science was a passion of mine, deepening my knowledge about health and wellness. The five years at York University went very quickly as I gained the confidence and knowledge to keep a body at its highest potential.

In 2004, I was inspired to study Homeopathy. It is the medical art that cured my acne and resolved many other issues, so I wanted to share this medicine with the rest of the world. Homeopathic knowledge about health strengthens my understanding of how mind and body are connected. How important it is to pay attention to the cause of a condition, not just the symptoms. Homeopathic remedies have been life-savers for me, I always use them in mental and physical detoxification.

Astrology is an ongoing fascination, I accepted a great opportunity to study this science with my psychic Emilia and gained an amazing knowledge about moon cycles, planets, decision-making and perfect timing. I learned that following moon cycles is effective in surgery, gardening, detoxification, even cutting and waxing hair! I follow this science because it works for me and believe you will enjoy this eBook and the benefits of being exposed to these exciting ideas.

This eBook is for you, as you move yourself toward a state of perfect health.

In Healing and Service,

Anna Sienicka

The Power Of The Moon

The moon's movement and phases have electromagnetic effects on earth and other planets. Astrology and science reveal the affect on our body and healing processes of those different phases of the moon. The Full Moon Phase is the period of about 3 days, 1 day prior to full moon and 1 day after. During this phase our body is at a peak of fullest. 'Full' is a perfect word to describe the effects of this phase. We have the most energy, the most strength, our weight is usually higher, we look fuller and we experience emotions intensify into passions of inspiration and creativity, or destructiveness and negativity.

It is not surprising most births are on record as happening during full moon, and I even remember a time when surgeries weren't scheduled on full moons. The study on Lunar Phase & Stress/Crises by Kollerstrom N, Steffert B. is a four year study of telephone-call data from a crisis-call centre. The full moon is a time to be aware of negative attitude so that, instead of causing another accident or mis-hap, the energy can intensify your artistry. Women menstruation are their 'moon cycles' and pruning in gardening is recommended around full moon. The full moon is Nature's time of cleansing and elimination.

Let's align ourselves with the planets and use this energy of the Moon to eliminate what we no longer need, i.e. Candida, pollutants, chemicals, heavy metals, etc.

Cleansing with the Seasons

Spring is ideal. The expression "Spring Cleaning" comes to mind. Like most of our fellow mammals, people eat more and exercise less during the cold winter months. No surprise that some added fat is gained, along with some preservatives, food colorants, and heavy metals.

Spring is ideal to do this cleanse, because as the days get longer the warmer days help us during a cleanse as our body temperature drops. Spring offers a seasonal abundance of young greens, especially medicinal greens like Dandelion, Burdock, Clover, Linden Leaves, and Stinging Nettle. These wild super-foods, when juiced, greatly enhance the cleansing effect.

Fall is best. As the winter season approaches, autumn is our last chance to detoxify our body and service our personal heating system. It's always best to do this cleanse before we begin consuming winter foods of higher in proteins, fats and mineral-rich salts. Winter is a time to slow down and move inward.

During fall, the days are still long and it is relatively warm. The advantage of this season is the local harvest of the season's fruits and vegetables. The season's bountifulness can be juiced just like those greens in the spring. Also at this time of the season we can incorporate seeds into this cleanse, Stinging nettle, Sunflower, Pumpkin, Lamb's quarters. Sprouting of these wild seeds is a treasure trove of fresh nutrients.

Overview of the Cleanse

This 75 day cleanse starts on a Full Moon, ends on a New Moon and provides a thorough detoxification and rejuvenation of your body. The 75 day process includes 2 Liver Flushes, Lymph Drainage, Candida and GI Cleanse.

We will be working with Nature and its gifts, supplementing our diet with wild edible/medicinal plants and mushrooms, i.e. Dandelion, Stinging Nettle, Burdock, Chaga, Turkey Tail, etc.

We will also use some products, i.e. Renew Life Candida Cleanse, Zeolite and Black Walnut.

In Chinese medicine spring is when the functioning of the liver is at its weakest, that's why it's the best time to assist in this organ's healing. The liver is one of the main organs eliminating toxins and chemicals out of your body. The Liver Flush filters our blood and returns liver functions to optimal, leaving our skin to look young and rejuvenated.

Everyone needs to have his or her lymph system cleansed from all the wastes build up over time. When you eat food, your body digests the food for its nutrients and sends those nutrients to every living cell in your body. As the cells process the nutrients some waste is created. The waste from each cell must be removed or the body will "drown" in its own waste.

The lymph system, located throughout your body, provides the "highway" by which this waste is transported from the cells, then to the blood, and then to the colon and kidneys. The lymph system acts as a miniature sewer system.

Cleansing this important system of the body helps to cleanse every organ and system you have. Healthy Lymphatic system means healthy Immune System. We all want to have our immunity high, don't we?

Candida fungus is the silent killer that robs you of your life-force, controls how you feel, and even how you think. Do you often feel tired? Do you have yeast infections, itching eruptions or eczema? Do you suffer from 'brain fog'? Do you crave sugar? You probably have overgrowth of Candida. Our Moon cleanse will eliminate Candida, and once again you will feel energized and clear headed.

If you tend to get symptoms like seasonal allergies, constipation, headaches, fatigue and indigestion especially from fatty foods you would be a great candidate for doing our moon cleanse. Even if you are generally in good health this cleanse is an excellent way to slow down cellular aging, feel lighter and more energetic as well as keep the health that you already have. Prevention is everything.

Before you start this cleanse please, weigh yourself and measure your waist circumference. Also, you might want to book a visit with your conventional doctor and do a blood, stool and urine test. It will be important to compare the before and after results.

Lastly, I encourage you to do our Candida Spit Test (Instructions at the back) and note the size of the fungus.

Please note:

Use this information at your own risk. This cleanse is generally very safe, however if you experience any abnormal discomforts, please stop immediately and consult your physician.

Dietary Restrictions

1. **No Sugars** (Honey, Maple Syrup, Lactose, Sucrose, Fructose, Chocolate, Molasses, Rice Syrup, Artificial Sweeteners (e.g. Asulfame, Nutra-Sweet), Agave nectar, Coconut Sugar, Yacon Syrup, Corn Syrup)

2. **No Alcohol** (Wine, Beer, Spirit, Liquors, Cider)

3. **No Grains and glutinous foods** (Anything made with wheat, rye, oats or barley, e.g. white bread, rye bread, pasta, Spelt products, corn and corn by products)

4. **No Fruit** (dried, fresh, canned or fruit juice)

5. **No certain Vegetables** (potato, sweet potato, squash, carrots, beets, peas, yams, yucca, parsnips, corn)

6. **No processed and cured meat** (salami, bacon, packaged meat and no pork)

7. **No Shellfish**

8. **No Dairy** (cream, milk, butter, cheese, buttermilk)

9. **No Processed Food** (Anything on the list of ingredients that you don't know or can't pronounce)

10. **No Processed Drinks** (soda, energy drinks, sport drinks, malted drinks, fruit juices from concentrate, rice milk)

11. **No Coffee, black tea and green tea**

12. **No Cashews, Peanuts and Pistachios**

13. **No Mushrooms, except for Reishi, Turkey Tail and Chaga**

14. **No Beans and soy products**

15. **No Condiments** (mayo, ketchup, dressings, etc)

16. **No Vinegar except for Apple Cider Vinegar**

17. **No Margarine, canola oil, shortening, corn oil, soy oil**

Dietary Requirements

1. VEGETABLES:

Artichokes	Eggplant	Rutabaga
Asparagus	Endive	Sauerkraut (raw)
Avocado	Garlic (raw)	Seaweed
Beet greens	Green beans	Snow pea pods
Broccoli	Kale	Spaghetti squash
Brussels sprouts	Kim Chi	Spinach
Cabbage	Leeks	Summer squash
Cauliflower	Lettuce (all types)	Swiss chard
Celery	Okra	Turnip
Collard greens	Olives	Zucchini
Cucumber	Onions	
Dandelion greens	Radish	

2. YOGURT, PROBIOTICS AND KEFIR

3. ORGANIC EGGS (brown shell)

4. ORGANIC MEAT:

Beef	Lamb
Chicken	Turkey

5. ORGANIC FISH:

Anchovies	Sardines
Herring	Sockeye salmon

6. ORGANIC NUTS:

Almonds	Flax Seed	Pumpkin Seeds
Almond milk (unsweetened)	Hazelnuts	Sunflower Seeds
Coconut Cream	Hemp Seeds	Walnuts
Coconut milk (unsweetened)	Macadamia Nuts	
	Pecans	
	Pine Seeds	

7. NON - GLUTEN GRAINS:

Amaranth	Oat Bran	Carob flour
Buckwheat	Quinoa	
Millet	Wild and brown rice	

Cleansing By The Moon

Get The Most Out Of Your Detox

8. ALL HERBS AND WILD EDIBLE PLANTS INCLUDING:

Basil
Black Pepper
Cayenne
Cilantro
Cinnamon
Cloves

Cumin
Curry
Dill
Garlic
Ginger
Nutmeg

Oregano
Paprika
Rosemary
Tarragon
Thyme
Turmeric

Page | 8

9. OILS:

Olive Oil
Sesame Oil
Pumpkin seed oil
Macadamia Oil

Almond Oil
Flax Oil
Safflower
Sunflower

Coconut oil
Coconut butter
Ghee
Organic butter

10. SEASONING:

Black Pepper
Sea Salt
Lemon Juice
Coconut Aminos

Apple Cider Vinegar
(Organic, Raw, Unfiltered)
Mustard Powder

Mustard made with apple
cider vinegar
Cacao

11. BEVERAGES:

Chaga Tea
Chicory root Coffee
Dandelion root Coffee
Cinnamon Tea

Clove Tea
Chamomile Tea
Peppermint Tea
Ginger and Lemon Tea

Licorice Tea
Lemongrass Tea
Parsley Tea
Nettle Tea

12. SWEETENERS

Stevia (derived from Stevia plant)
Xylitol (derived from Birch sap)

13. WATER

Spring water or filtered water (avoid chlorine and fluoride)

You can find a natural spring near you, www.findaspring.com

Action Steps Required

In preparing for a 75 day cleanse you need the following items. The brands listed are the ones I use, but the brand is not so important as long as you are using the same ingredient.

Items required for Lymph Cleanse (75 days)

- Rebounder/Mini trampoline www.ultimate-rebound.com
- Soft Skin Brush
- Dried Herbs can be bought at any Herbal Dispensary, see if there is one in your city. You can also collect some of them yourself.
 - Nettle
 - Parsley
 - Echinacea
 - Astragalus
 - Cleavers
 - Goldenseal
- Chlorella capsules (1, 000mg) by Linderberg www.nutritionexpress.com
- Access to sauna (preferably infrared). See if your local gym, rec center or a local spa has one.

Items required for Candida and Bowel Cleanse (75 days)

- CandiGONE 45 day supply by Renew Life www.renewlife.com
- Black Walnut Mother Tincture or capsules by Nature's Way
- Lugol's Iodine 5% www.galenova.com
- Turmeric capsules by Nature's Way
- Fennel capsules by Nature's Way

Items required for 2 Liver Flushes

- Epsom Salts (for internal use only) by Rexall
- 2 cups Virgin Olive oil by Solon
- 10 Lemons
- 2 l of Raw, unfiltered apple juice (purchased the week of the flush or squeezed by yourself)

Have all the ingredients ready one week prior to the cleanse. Also in the week prior to the cleanse, start decreasing the caffeinated and sugary drinks and any processed food.

Cleansing By The Moon

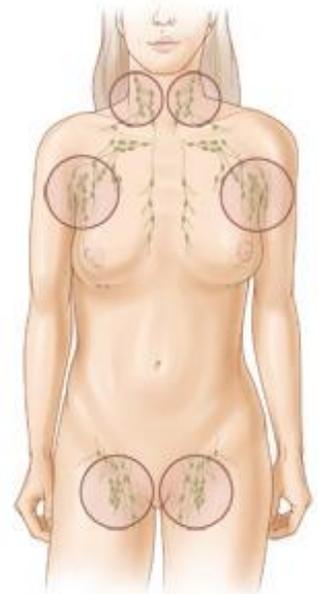
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Instructions for Week #1

Today is Full Moon and we are starting the cleanse.

- First thing in the morning, drink 1-2 cups of warm water with lemon and ginger (may add stevia if needed). 2/3 of warm water and 1/3rd of freshly squeezed lemon juice
- Right after the lemon water, take 2 capsules of CandiGONE1 and 20 drops of CandiGONE 2 by Renew Life. Take 2 capsules of CandiGONE1 and 20 drops of CandiGONE 2 again in the evening 2 hours after dinner.
- Take black walnut either 5 drops of M.T. (Mother Tincture) or 1 capsule in the morning after breakfast and evening right after your dinner.
- Drink 1 cup of Chaga tea prepared with cloves and cinnamon at anytime of the day. You may drink more than 1 cup, in fact you can drink it all day long, however make sure to have at least 1 cup of Mix Herb tea. Recipe at the end of the book.
- Drink 1 cup of Mix Herb Tea at anytime of your day, the herbs you can use are Nettle, Parsley, Echinacea, Astragalus, Cleavers, Goldenseal. You can play with different mixes each day. You may drink up to 3 cups a day.
- Prepare your meals with Turmeric and Fennel. If you don't like cooking with these spices, take 4 capsules of each with lunch and dinner. Expect orange stool.
- Take Lugol's solution 5%, 6 drops in 1/2 cup water 2-4 times daily.
- Preferably in the evening, brush your entire skin and spend couple extra minutes on the areas where the lymph nodes are: Neck, Armpits and Breast, Stomach area and below the Naval, Upper inner Thighs.
- After brushing, hop on the trampoline and jump for 5-10 minutes.
- After jumping take 3 chlorella capsules (total of 3,000mg) and follow it with a hot and cold shower. (5-10min)
- Before going to bed, drink 1 cup of warm water with lemon and ginger
- At the end of the week, use sauna (preferably infrared) for 15 min.

Page | 10



Please note:

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Instructions for Week #2

Today is Day 8th of our cleanse and I hope you are doing amazing. It's not as hard as you thought it would be, right? The diet is pretty strict however, once you accept what you can eat and learn how to be creative with the food you can have on this cleanse, it becomes fun.

Have you noticed any changes in your body? Any new symptoms? Any old symptoms started to reappear? How is your energy level? It is good to take notes and see how you are progressing. You might want to use a scale from 1 to 10 (1 is the lowest and 10 the highest) and report your energy level, skin appearance, odour (perspiration), sleep, bowel movement, etc.

When I did this cleanse, I noticed that the first few days were harder, I felt heavier, my tongue was coated yellow and my skin started breaking out. During the second week, my energy level started to increase, however I felt colder than usual. The coating on my tongue started to disappear and by second week I lost 5lb.

Instructions for this week are the same as for the first week. We will be continuing with the Candida Cleanse, black walnut, chaga with cloves and cinnamon, herb tea, Lugol's solution, etc.

- The only addition is extending jumping on the trampoline to 10-15min and increasing time in the sauna to 20 min. Please, make sure to brush your skin before the sauna.

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Instructions for Week #3

This week we will be doing our first **LIVER/GALLBLADDER FLUSH**. It's good to start it on Monday and do the flush on Friday or Saturday. The rest of the cleansing instructions remain the same as during week 1 and 2. Please, increase time in the sauna to 25 min.

Items required: raw, unfiltered apple juice (from unripened granny smith apples only), Epsom salts, lemon juice, olive oil, and the following plan. It is best to prepare your own juices and consume them fresh.

1. From Monday to Saturday noon drink pure, unfiltered **apple juice** - consume between the meals (20-30 min before), 2-3 cups a day. Your regular meals don't change, you are still continuing with your special cleanse diet. The juice should be at **room temperature** or heated, but not cold. (*You can skip this part and still achieve good results*)
2. On Saturday (or any day where the following day is free), have lunch as you normally would.
3. **Three hours after lunch (no food after lunch)**, dissolve **2 tablespoons of Epsom salts** in 3/4 of a cup of water and drink it. Follow this with a chaser of lemonade (1/2 cup of lemon juice, stevia and water) to mask the taste, if desired.
4. For **dinner**, have **gently steamed or raw vegetables** only.
5. **At bedtime, take 1/2 cup of unrefined olive oil mixed (shaken, not stirred) with up to 1/2 cup of lemon juice.** This may be divided into 4 doses taken over an hour (ie. a quarter cup every 15 minutes), but the more rapidly you can take it the better. Using a straw and plugging your nose are helpful. If you get nauseous, you may take Homeopathic Remedy Ipecac 200ch (2 pills under your tongue and wait few 20 min)
6. Go immediately to bed.
7. Lie on your right side, bend your right knee to your chest and hold for approximately 30 minutes. It is good to put a bottle with hot water where your liver is. You can then lower your knee and proceed to sleep. If you feel a bit nauseous when waking up, rest a bit until you feel better. You may also take another remedy Ipecac 200ch.
8. When you get up in the morning, take 2 tablespoons of Epsom salts in 3/4 of a cup of water, followed by strong lemonade. This should be done 1-2 hours before breakfast. This procedure can be followed by a home enema (1 bag of warm water).
9. After evacuation, the toilet bowl may contain many floating small green globs. Darker green ones may be older deposits.

Please note:

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Instructions for Week #4

Hope you had a successful Gallbladder/liver flush. When I did my first flush I only found three medium size stones but maybe there was more. I wasn't thoroughly looking for them so I only saw few.

This week we are going to continue with the Candida, Bowel and Lymphatic cleanse. The instructions are pretty much the same as during week 1 and 2, however we are going to raise a bar a bit and bring this cleanse to another level. We will be working towards alkaline diet. What that means is we will eliminate certain foods for the time being.

We will stop eating **eggs, garlic, and sour kraut**. These foods are very acidic and for now we will release them from our diet. As you probably noticed the diet is getting easier each day and eliminating these products won't be very hard.

- This week you may increase the time in the sauna to 30 min. Keep brushing your skin in the evening, following with trampoline (10-15min) and taking hot and cold shower.

During this cleanse, it's very important to use natural, vegan and raw products (creams, lotions, shampoos) to allow our body fully detox. We often don't realize that 60% of what goes on our skin gets absorbed into our bloodstream and then goes through all our body filters, liver, kidneys, etc. Please refrain from poor quality products.

It's important to drink spring water and avoid swimming pools and public hot tubs since they are saturated with chlorine and other chemicals.

I also encourage you to eat wild edible plants, like Dandelion, Garlic mustard, Plantain and Violets. Depending on the season, if it is spring, you may add fresh greens into your salads and also juice them. If it is fall, you may use seeds to sprinkle your salads, or even sprout them. These plants are all easy to identify and it would be a great way to improve the quality of our salads.

Please note:

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Cleansing By The Moon

Get The Most Out Of Your Detox

Instructions for Week #5

I hope you had a wonderful week. I feel that each day is getting better and better. We are already one month into the cleanse; today is 29th day! When I did this cleanse I found that at this time I fully adjusted to this new way of living. In fact, I was inspired to continue this way of eating. I felt light, energetic and clean.

Page | 14

Tomorrow is day 30 and it is a Full Moon. Let's use its pulling power and do one day Fast. It will be good to give our body a short break and allow it to deeper detoxify its cells.

This week we are going to continue with the Candida, Bowel and Lymphatic cleanse. The instructions are the same as during week 4.

- This week you may increase the time in the sauna to 35 min. Keep brushing your skin in the evening, following with jumping on the trampoline (10-15min) and taking hot and cold shower right after.

Please note:

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Instructions for Week #6

This week is the last week of Candida Cleanse by Renew Life and we are going to make sure it is well addressed. We will continue with anti-candida diet till the end of the cleanse (New Moon on day 75), however the candida kit I recommended has one more week of supplements in it.

To finish the Candida off, we will use a solution with Baking Soda. Candida (fungus) can only live in an acid environment and it dies instantly when it comes into contact with Baking Soda because of its high alkalinity. Please, make sure it is aluminum free and the brand I recommend is Bob's Red Mill. The best way to take it is 1/2 tsp of baking soda in a 1 cup of apple juice. However, because of the cleanse, it's best to avoid apple juice due to its sugar content, so this is what we are going to do:

1/2 tsp of Baking Soda
1 tbsp of Raw Apple Cider Vinegar
1 cup of spring water
Few drops of stevia

Now, mix all of the ingredients together and drink it.

I recommend drinking this solution 3-4 times this week.

Another great product, I would like to introduce you this week, is Zeolite. This amazing product safely removes heavy metals and toxins with no harmful side effects. It is beneficial to start taking it now. Our body is already used to the cleanse and we can now take it to another level. You may take 3 drops in a cup of water, twice a day.

The rest of the instructions are the same as before. I encourage you to incorporate some wild foods into your diet, extend sauna time to 40 min and use your trampoline at the end of the day for 15 min.

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Cleansing By The Moon

Get The Most Out Of Your Detox

Instructions for Week #7

Today is Day 43 of our cleanse and I know you already noticed some results. In 2 days (day 45), there will be New Moon. This wonderful phase of the Moon is good for setting intentions. I encourage you to take a moment and write your goals with regards to your health. How would you like to feel? What would be your ideal energy level? Would you like to be more flexible or stronger? When you write a list, see if you can do mini drawings beside each point. Lastly, close your eyes and imagine how your life would be different if all of these goals were already here. What would your perfect day be? When you look into the mirror, what would you see? When you walk on the street, how is your posture? Are you smiling more? What kind of clothes are you wearing?

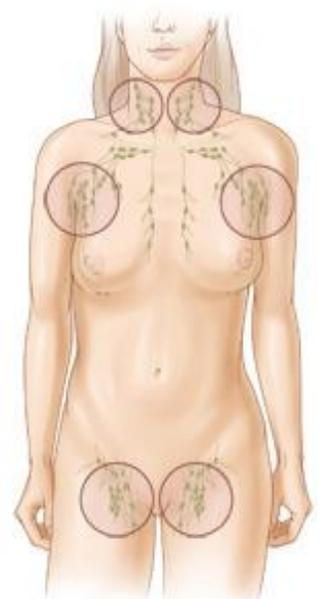
I want you to pretend that you are already 'it'. I also recommend to read this list every day before going to bed and imagine that you already have perfect health.

The instructions for this week are as followed:

- First thing in the morning, drink 1-2 cups of warm water with lemon and ginger (may add stevia if needed). 2/3 of warm water and 1/3rd of freshly squeezed lemon juice
- Take black walnut either 5 drops of M.T. (Mother Tincture) or 1 capsule in the morning after breakfast and evening right after your dinner.
- Drink 1 cup of Chaga tea prepared with cloves and cinnamon at anytime of the day. You may drink more than 1 cup, in fact you can drink it all day long, however make sure to have at least 1 cup of Mix Herb tea.
- Drink 1 cup of Mix Herb Tea at anytime of your day, the herbs you can use are Nettle, Parsley, Echinacea, Astragalus, Cleavers, Goldenseal. You can play with different mixes each day. You may drink up to 3 cups a day.
- Prepare your meals with Turmeric and Fennel. If you don't like cooking with these spices, take 4 capsules of each with lunch and dinner. Expect orange stool.
- Take Lugol's solution 5%, 6 drops in 1/2 cup water 2-4 times daily.
- In the evening, brush your entire skin and spend couple extra minutes on the areas where the lymph nodes are: Neck, Armpits and Breast, Stomach area and below the Naval, Upper inner Thighs.
- After brushing, hop on the trampoline and jump for 15 minutes.
- After jumping take 4 chlorella capsules (total of 4,000mg) and follow it with a hot and cold shower. (5-10min)
- Before going to bed, drink 1 cup of warm water with lemon and ginger
- At the end of the week, use sauna (preferably infrared) for 45 min.

Please note:

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Cleansing By The Moon

Get The Most Out Of Your Detox

Instructions for Week #8

Day 50! This week is the peak of our cleanse. From now on, we will be decreasing the time in sauna to 40 min. Our body has lost weight and released many toxins. I encourage you to take it easy with your schedule and slow down. It is good to go for morning walks and do gentle stretches.

Page | 17

We are continuing with the recommended diet, black walnut, Chaga with cloves and cinnamon, mix herb tea, Lugol's solution, Zeolite etc.

This week is good to do body scrubs with Salt and Algi or Clay. If you have access to this kind of treatment, make sure to use it. If not, you can do your own at home. Take a hot bath and once the skin is soft and pores are open you can apply salt and/or Algi scrubs. Keep it for 15-20 min and then wash it. After you dry your skin, you may apply Apricot Kernel Oil. Your skin will be glowing and feel rejuvenated.

Please note:

Use this information at your own risk. This cleanse is generally very safe, however if you experience any abnormal discomforts, please stop immediately and consult your physician.

Instructions for Week # 9

Today is day 57 and we have 18 days to go. We are getting closer to the end. Soon, we will be able to introduce berries and once again enjoy local fruits. How are you now feeling? Have you noticed any changes in your body or mind? Is your skin looking younger and fresh? Maybe you have lost some fat? Do you have more energy? These are all side effects of the cleanse. I hope you are feeling wonderful.

In 3 days we will have Full Moon. This week is ideal to do the **LIVER/GALLBLADDER FLUSH**. This week, we will decrease the use of sauna to 35 min.

Items required: raw, unfiltered apple juice (from unripened granny smith apples only), Epsom salts, lemon juice, olive oil, and the following plan. It is best to prepare your own juices and consume them fresh.

1. From Monday to Saturday noon drink pure, unfiltered **apple juice** - consume between the meals (20-30 min before), 2-3 cups a day. Your regular meals don't change, you are still continuing with your special cleanse diet. The juice should be at **room temperature** or heated, but not cold. (*You can skip this part and still achieve good results*)
2. On Saturday (or any day where the following day is free), have lunch as you normally would.
3. **Three hours after lunch (no food after lunch)**, dissolve **2 tablespoons of Epsom salts** in 3/4 of a cup of water and drink it. Follow this with a chaser of lemonade (1/2 cup of lemon juice, stevia and water) to mask the taste, if desired.
4. For **dinner**, have **gently steamed or raw vegetables** only.
5. **At bedtime, take 1/2 cup of unrefined olive oil mixed (shaken, not stirred) with up to 1/2 cup of lemon juice.** This may be divided into 4 doses taken over an hour (ie. a quarter cup every 15 minutes), but the more rapidly you can take it the better. Using a straw and plugging your nose are helpful. If you get nauseous, you may take Homeopathic Remedy Ipecac 200ch (2 pills under your tongue and wait few 20 min)
6. Go immediately to bed.
7. Lie on your right side, bend your right knee to your chest and hold for approximately 30 minutes. It is good to put a bottle with hot water where your liver is. You can then lower your knee and proceed to sleep. If you feel a bit nauseous when waking up, rest a bit until you feel better. You may also take another remedy Ipecac 200ch.
8. When you get up in the morning, take 2 tablespoons of Epsom salts in 3/4 of a cup of water, followed by strong lemonade. This should be done 1-2 hours before breakfast. This procedure can be followed by a home enema (1 bag of warm water).
9. After evacuation, the toilet bowl may contain many floating small green globs. Darker green ones may be older deposits.

Please note:

Use this information at your own risk. This cleanse is generally very safe, however if you experience any abnormal discomforts, please stop immediately and consult your physician.

Cleansing By The Moon

Get The Most Out Of Your Detox

Instructions for Week #10

Today is day 64, we have less than 2 weeks to go. Hope you had a great Gallbladder/liver flush. Did you notice any stones coming out? Now, that we did 2 flushes, it is good to give our liver a break. We can repeat the flush in about 6-8 months.

This week, we are going to continue with Lymphatic, Bowel and Candida cleanse. The instructions for this week remain the same. It's all downhill now, so stay strong. You can do it!

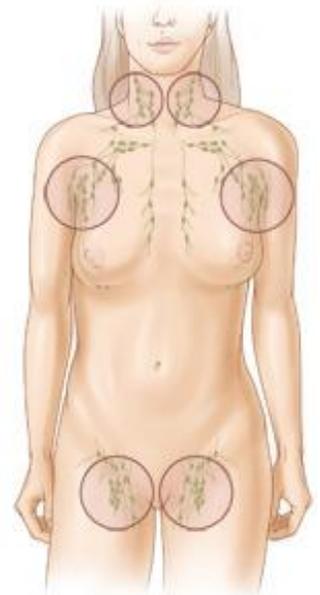
Page | 19

The instructions for this week are as followed:

- First thing in the morning, drink 1-2 cups of warm water with lemon and ginger (may add stevia if needed). 2/3 of warm water and 1/3rd of freshly squeezed lemon juice
- Take black walnut either 5 drops of M.T. (Mother Tincture) or 1 capsule in the morning after breakfast and evening right after your dinner.
- Drink 1 cup of Chaga tea prepared with cloves and cinnamon at anytime of the day. You may drink more than 1 cup, in fact you can drink it all day long, however make sure to have at least 1 cup of Mix Herb tea.
- Drink 1 cup of Mix Herb Tea at anytime of your day, the herbs you can use are Nettle, Parsley, Echinacea, Astragalus, Cleavers, Goldenseal. You can play with different mixes each day. You may drink up to 3 cups a day.
- Prepare your meals with Turmeric and Fennel. If you don't like cooking with these spices, take 4 capsules of each with lunch and dinner. Expect orange stool.
- Take Lugol's solution 5%, 6 drops in 1/2 cup water 2-4 times daily.
- In the evening, brush your entire skin and spend couple extra minutes on the areas where the lymph nodes are: Neck, Armpits and Breast, Stomach area and below the Naval, Upper inner Thighs.
- After brushing, hop on the trampoline and jump for 15 minutes.
- After jumping take 4 chlorella capsules (total of 4,000mg) and follow it with a hot and cold shower. (5-10min)
- Before going to bed, drink 1 cup of warm water with lemon and ginger
- At the end of the week, use sauna (preferably infrared) for 30 min.

Please note:

Use this information at your own risk. This cleanse is generally very safe, however if you experience any abnormal discomforts, please stop immediately and consult your physician.



Instructions for Week #11

Today is day 71! I've got great news, we are almost done! At the end of this week, we can introduce strawberries and blueberries (as long as they are organic and local). I hope you are as excited about this as I was when I did this cleanse. This will be an incredible week.

The instructions for this week are as followed:

- With only 4 days to go we will be continuing with Candida, Bowel and Lymph Cleanse. Please, incorporate the herbal teas as much as you can.
- Secondly, I encourage you to drink baking soda solution (instructions given in week #6) at least 4 times this week.
- Please, continue with Zeolite, take 5 drops in a glass of water, 3 times a day.
- I encourage you to keep jumping on the trampoline, skin brushing and using sauna once a week, followed by cold shower. The time in sauna will be only 25 min this week.
- The cleanse ends on day 75 and it is New Moon. See if you can revisit your list of goals.
- Lastly, book a visit with your conventional doctor and do a blood and urine test. It will be important to compare the before and after results. You may also check if your Candida is completely gone by doing the free and easy candida spit test.

Please note:

Use this information at your own risk. This cleanse is generally very safe, however if you experience any abnormal discomforts, please stop immediately and consult your physician.

Cleansing By The Moon

Get The Most Out Of Your Detox

Instructions after the Cleanse

The cleanse ended yesterday (New Moon). Congratulations! And thank you for participating. This has definitely been challenging yet amazing experience, hasn't it? Give yourself a pat on a shoulder, because you deserve it. I also hope you scheduled a visit with your doctor to compare the results. It would be good to see the before and after effect. Please, send me an email and let me know how you did. I am very curious.

Page | 21

Getting off the cleanse requires little steps. Remember you were on a very strict diet and it's best to reintroduce foods one at the time. Please, refrain from alcohol, dairy and sweets (doughnuts, etc) for the next few weeks. It's best to start eating local fruit and vegetables, slowly introducing rice, bread and potato. Take advantage of the seasonal fruits: strawberries, cherries, service berries and wild strawberries in the spring or grapes and apples in the fall. Keep incorporating wild herbs and plants into your daily diet. Keep adding the foods you were not allowed on this cleanse and see if your body reacts to them in any way. If it does, listen to your body, it may not be the best food for you right now. I definitely discourage you from purchasing ready to eat meals, canned foods, microwavable meals, and coloured drinks. Now, that your body is detoxified, keep it that way and stay healthy.

I encourage you to do a Liver Flush 6 - 8 months from now. It is good to do 2 flushes a year and keep on jumping on the trampoline. It's good to keep your lymphatic system happy.

Thank you!

Anna's Favourite Recipes

High protein chocolate goodness

- 1 cup of plain yogurt
- 3 spoons of pine nuts
- 3 spoons of chia seeds
- 2 spoons of hemp seeds
- 1 tbl spoon of raw cacao
- 5 drops of stevia

Stir it all together and enjoy!

Anti-candida guacamole:

- 1 riped avocado
- 2 cloves of garlic
- 1/2 lime
- 3 green onions
- 4 tbsp of almond milk
- salt and pepper
- you may also add chopped herbs: cilantro, chives, wild edibles, etc

Stir it all together and enjoy!

Anti-candida zucchini spread:

- 4-5 fried zucchini
- 2 cloves of garlic
- 1/2 lime
- 3 green onions
- 4 tbsp of almond milk
- salt and pepper
- you may also add chopped herbs: cilantro, chives, wild edibles, etc

Stir it all together and enjoy!

Anti-candida chocolate mousse:

- 1 cup of plain yogurt
- 2 tbsp raw unsweetened cacao
- 10 drops of Stevia
- 2 tbsp of sliced almonds
- 3 tbsp of hemp seeds
- a little bit of Cinnamon

Stir it all together and put it in a freezer for 15 min, enjoy!

Chaga Chai Tea:

Take 3-4 pieces of Chaga and add it to 3-4 cups of cold water. You can add a cinnamon stick or some cardamom for flavour. Let it boil on low heat for a couple of hours. When water becomes dark brown, it is ready to drink. Add some stevia. Enjoy!

The Chaga chunks can be then reused by storing them in the fridge until you are ready to make another tea. All you need to do is add more water and boil it on a low heat. Once the water stays pale, it is time to use a fresh chunk of Chaga and put the used pieces into your compost.

Cucumber and Avocado Soup:

Ingredients

- 2 large avocados
- 1/2 cucumber
- 1/4 onion
- 1/2 cup plain yogurt
- 2 garlic cloves
- 1 1/2 cups of cold water
- Salt and Pepper to taste

Preparation

1. Scoop out the avocado flesh and chop up the cucumber and onion into large pieces.
2. Add the avocado, cucumber, onion, yogurt, garlic, water and seasoning to the blender.
3. Puree and serve.

Zucchini and Garlic Soup:

Ingredients

- 2 zucchinis
- 1 onion
- 2 garlic cloves
- 2 Tbsp. olive oil
- Sea salt

Preparation

1. Steam the zucchini and onions.
2. Puree the zucchini, onion, garlic cloves, olive oil and salt in your blender. Add water for desired consistency.
3. Pour in bowl and serve.

Avocado Cream Smoothie

- 1 medium avocado, peeled and pitted
- 1 cup coconut milk
- Stevia
- 6 ice cubes

Blend the avocado, Stevia, coconut milk, and ice together until smooth.

Broccoli Soup

2 tablespoons olive oil

1 medium onion, chopped

1 bunch broccoli (a couple of heads), coarsely chopped

2 quarts water

½ teaspoon sea salt

1. Heat oil in a large pot and sauté onion over medium to low heat until soft, about 15 minutes
2. Add broccoli and sauté for 5-10 minutes
3. Add water and cook until broccoli is soft about 15 minutes
4. Puree hot soup in tiny batches in a vitamix until smooth and creamy
5. Reheat soup and serve

Candida Spit Test

Items required:

Glass cup

Water

Instructions:

All you need to do is spit (at least a teaspoon) in the glass of cold water. Let it sit for 30 seconds, don't touch or shake the glass. Note if the spit is blending with water or if there are any whitish tentacles with tiny dots (spores) moving down to the bottom of the cup. The less tentacles you have the less candida in your body. If the tentacles reach the bottom of the cup, you may be sure that your body is infected with this fungus and it is important to do the cleanse.